



ELROY ELEMENTARY NEWS



MARCH



COUNSELORS CORNER

The Coronavirus Pandemic has produced a variety of challenges for our families, schools and our students. This month I would like to talk about ways to help your child manage their stress. Let's face it, we all have stress, but surviving this pandemic has put an added strain on our students. New ways of learning and social isolation has led to many students struggling academically and socially. If your child is experiencing stress and anxiety here are some tips you can use to help them manage.

- 1. Teach students to understand their stress.** Stress is a normal part of everyday lives. There can even be good stress that can help us get tasks done, meet our goals, keep us safe, and excited to try new things. We also have to acknowledge the bad stress, like when we don't complete tasks, get sick, headaches, prevent us from falling asleep, change in eating habits, irritability and change in relationships.
- 2. Help students learn to identify the physical and emotional signs of stress and what is causing their stress.** Help your students identify what stress feels like to them, whether it be good or bad stress.
- 3. Teach students to identify what they can and cannot control.** There are so many things that students stress about that are beyond their control. By helping them realize what they do have control over helps to shift what they spend their time thinking about.
- 4. Have students identify their systems of support.** Knowing who they can go to amongst their friends, their family and at school, can help students realize they don't have to face things alone.
- 5. Explain healthy versus unhealthy coping skills.** When we know what coping skills we are using, whether healthy or unhealthy, we can use this information to focus our energy on creating healthy coping habits.
- 6. Define and use positive self talk.** Our thoughts and words are powerful weapons. They can bring us towards success or be what holds us back. Positive self talk takes practice, and training our brain. Practicing gratitude and focusing on strengths helps to develop positive thinking.

From: "The Middle School Counselor" Teaching Students to Manage stress 2/21

PATHS LESSONS

This month, PATHS lessons will focus on Resolving Conflicts and respectfully disagreeing for 5th and 4th grade. Setting SMART goals and respecting others for 3rd grade. Respecting others and considering different points of view for 2nd grade. Manners and dealing with disappointment for 1st grade and Exploring Pride, Love and Worry for Kindergarten.



Dear Elroy Families,

With spring right around the corner, try starting a new hobby with your child and learning while you work together.

Learning with hobbies

A hobby gives your child a productive way to spend his/her free time, and it brings a wealth of real-world learning opportunities. Encourage him/her to pursue a hobby – and learn from it – with these ideas.

Reading:

Let your youngster read to learn more about a hobby that interests him. If he'd like to learn to play chess, he could read a book on opening moves. Or if he collects comic books, he might read about how to draw comics. Then, give him opportunities to share what he learns. For instance, offer to play chess with him or ask to see the comics he sketches.

Writing:

Have your child start a journal or scrapbook about his hobby. A skateboarder can write instructions for tricks he's learning and check off each one as he masters it. A youngster who makes balloon animals could take photos of his completed projects to put in a scrap-book, then write a caption for each.

Math:

Help your child find math in his hobby. If he's a runner, suggest that he keep track of his times and distances and then make a graph to see how he improves. Or if he plays a musical instrument, he can work on timing by writing the fractions above the notes (1-4 note, 1-2 note) in sheet music and using them to keep count.♥

Enjoy the warmer weather,
Dr. Pagan

Small Group Counseling

Small Group Counseling is happening virtually and in person for the month of March. If your student is interested in joining a small group online or in school, to learn new coping skills, work through grief, or learn to make friends, please email me at any time.

My Website

<https://sites.google.com/view/bbsd-elementary-counseling/home>

Contact Me

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SPOTLIGHT ON THIRD GRADE

Wow, spring has sprung! Although the year has been one like no other, the springtime brings a freshness to keep going in a positive way. The last nine weeks of new learning with the 3rd grade students in-class and remotely through live sessions shines brightly with a ray of accomplishment due to all of the perseverance, dedication, and transition throughout this school year.

To this point in the school year, the 3rd graders have accomplished so much. In Math, students have learned how to multiply and divide along with several new strategies for problem solving with addition, subtraction, multiplication, and division. Recently, students took part in writing spring Haiku poems where writing and math were hand in hand, counting the syllables and writing beautiful images about spring. Now it is time to move forward with fractions and geometry. By the end of the school year, the students will have developed stronger “math muscles” for future problem solving and math concepts

In Social Studies, students have been on a busy journey learning about communities, maps, geography, and the environment. Science lessons have encouraged learners to be curious and wonder while making observations of germinating bean seeds, designing STEM related projects, and studying the life cycle of plants. Let's keep this journey rolling!

Fabulous third grade readers are working hard! They continue to learn new story vocabulary, reading strategies, spelling patterns of their spelling words, and many grammar topics. We are now learning about verbs and sing them to the beat of YMCA . Am, is, are, was, were....they are the linking verbs. Mrs. Matthews, our 5th grade ELA teacher also made a guest appearance to our class and taught us the Helping Verb song to jingle bells. Third grade is excited for spring. We are now writing spring haikus and will be preparing to take the PSSA's for the first time in April.



Physical Education this year has been quite different than previous ones. Normally we get to play many team sports to work on our teamwork and collaboration with others. This year, we have had an emphasis on personal fitness. Earlier in the year, we did high-intensity interval training (HIIT) and cardiorespiratory endurance. We have now moved into working on Yoga/Pilates, chair aerobics, and low-intensity interval training. We also enjoy going outside as much as we can when the weather permits. It is the main point for our Physical Education program that every student puts forth their best effort and tries all the tasks at hand.

Health this year has been quite exciting. We have had a lot of time to discuss a lot of topics that will help ensure that we are creating lifelong, positive habits. The topics we discuss will have an immediate impact on our health and safety. We discuss healthy eating habits, how our body works, and what our body needs for optimal performance. We also discuss topics that will help keep us safe like fire safety, water safety, and internet safety.

Every student has contributed to meaningful discussions that we have had as a class about these topics as well as giving their best efforts each workout. We have had a great school year, and I look forward to a strong finish. During the month of March, we are also collecting donations for American Heart Association's Jump Rope for Heart. For anyone interested, please check the PE Canvas Page.

